

Abstract
The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The intervention group (n = 20) participated in a 12-week walking program, while the control group (n = 20) remained sedentary. The walking program was designed to be low-intensity and supervised. The program was evaluated using a variety of physical and psychological measures. The results of the study showed that the walking program had a positive effect on the physical and psychological health of the women. The women in the walking program showed significant improvements in physical fitness, including increased aerobic capacity, muscle strength, and flexibility. They also showed significant improvements in psychological health, including reduced stress, anxiety, and depression. The results of this study suggest that a 12-week, low-intensity, supervised walking program can be an effective intervention for improving the physical and psychological health of sedentary, middle-aged women.



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Christopher Allen, Shannon Appelcline, 2009-01-07 A complete and authoritative introduction to programming for the iPhone this book shows programmers comfortable with structured languages how to program specifically with the SDK It lets developers who are new to the iPhone technology dive right in and start creating applications **A Simple Guide to**

iPhone 4S Mary Lett, 2011-12 From basics such as voice mail text messaging and GPS to the newest and coolest apps this straightforward user's guide helps readers customize their iPhone 4S for optimum productivity and fun The book discusses how to customize home and lock screens and ring tones take pictures and video and use the App Store It also explains the nuances of Siri on the iPhone 4S to maximize readers business and personal time The impressive capabilities of the iPhone 4S are laid bare in this engaging manual *Low Vision Rehabilitation* Stephen Whittaker, Mitchell Scheiman, Debra

Sokol-McKay, 2024-06-01 This Second Edition of Low Vision Rehabilitation A Practical Guide for Occupational Therapists provides current evidence based information on low vision rehabilitation that contains several new and expanded chapters on ADLs IADLs and recreation as well as new online resources and the latest in accessibility devices Low vision rehabilitation is rapidly growing as a specialty practice for occupational therapists This growth requires practical evidence based information on the evaluation and treatment of the effects of low vision on occupational performance Responding to this need Low Vision Rehabilitation A Practical Guide for Occupational Therapists Second Edition blends standards of practice that have been developed for over 50 years by low vision therapists and optometrists with the latest scientific research and the unique perspective of occupational therapists This text is written to introduce the student and general practitioner to low vision rehabilitation as commonly encountered in medical rehabilitation as well as provides a conceptual approach to evaluation and treatment that will enrich an advanced practice Authors Stephen Whittaker a low vision researcher certified low vision therapist and occupational therapist Mitchell Scheiman an optometrist and researcher and Debra Sokol McKay an occupational therapist with specialty certification in low vision as well as certification as a low vision therapist vision rehabilitation therapist and diabetes educator have carefully selected evidence based evaluations and treatments that focus on clinical practicality and meaningful occupational goals in adults New to the Second Edition A focus on occupational performance using whatever works whether visual non visual or a combination of these different devices and adaptive techniques The EPIC Framework a general strategy to organize a treatment plan for daily activities using visual and non

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